

VISIT...

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McDonald's Š Shakes

All right, it's the middle of summer and it's dang hot out. Wouldn't it be nice if we could whip up a little something to help keep those beads of sweat from rollin'? Check out how simple it is to recreate any of the three flavors of McDonald's thick shakes from scratch. Just three ingredients to each clone. And the secret ingredient for the chocolate and strawberry flavors is Nesquik mix. How McEasy is that? Throw everything in a blender and press a button — the one on the right. And if you want your shake thicker, just put it in the freezer for a while. That's it!

Vanilla Shake 2 cups vanilla ice cream 1
1/4 cups low fat milk 3 tablespoons
sugar

Chocolate Shake 2 cups vanilla ice
cream 1 1/4 cups low fat milk 2
tablespoons chocolate flavor Nesquik
mix

Strawberry Shake 2 cups vanilla ice
cream 1 1/4 cups low fat milk 3
tablespoons strawberry flavor Nesquik
mix

1. Combine all ingredients for the shake
flavor of your choice in a blender and
mix on high speed until smooth. Stop
blender, stir and blend again, if
necessary to combine ingredients. 2.

Pour into two 12-ounce cups. Serves 2.